



© 2018. All Rights Reserved.



[ABOUT](#) \ [CONTACT](#)

**Skip to a feature...**

[Lenox Hill Neighborhood House Head Start Program](#)

[Classroom Nutrition Activity](#)

[Classroom Physical Activity](#)

[Parent Handout of the Month](#)

February 2018

**Eat Healthy, Be Active**  
Newsletter for Group Child Care Centers



*Share the links and handouts in this newsletter with the parents at your center to encourage healthy eating and active living at home.*

# Lenox Hill Neighborhood House Head Start Program

Healthy eating is a top priority at the Lenox Hill Neighborhood House in Manhattan. Chefs use locally grown, seasonal vegetables; protein and whole grains to create healthy meals for the center. Children in the Head Start program enjoy these meals and parents learn that kid-friendly meals can include more foods than they thought. During her time as executive chef at Lenox Hill Neighborhood House, Lynn Loflin used fresh, local produce in meals to help clients improve their overall health. Now, as the Teaching



Kitchen chef, she encourages healthy eating at home. She recently led a healthy cooking workshop series for family members of children who are in the Head Start program. The series, offered in English and Spanish, taught participants about nutrition, how to develop healthy habits and how to prepare dishes served at the center, like roasted butternut squash, vegetarian bean chili, bulgur wheat salad and homemade vinaigrette dressing, at home. According to Chef Lynn, "Parents are excited to learn how to include these healthy meals at home." After the class, one parent said, "I want to see if I can get everybody in the house to eat like this!"

Below are tips on how to include fresh foods in your center's meals:

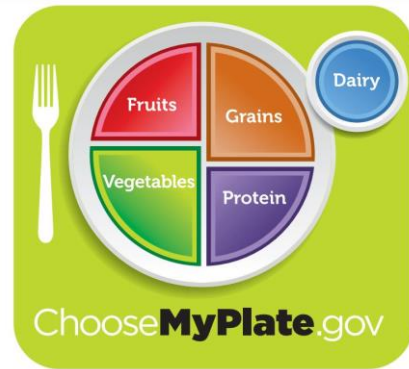
- Set attainable, short-term goals. Make changes slowly so kitchen staff, children and teachers don't feel overwhelmed.
- Offer one vegetarian meal each week. Start with meals children are familiar with.
- Use fresh vegetables instead of frozen ones. If this is too hard, try replacing just one or two frozen vegetables with fresh vegetables in a meal each week.
- Try making homemade salad dressing.
- Use whole grains like polenta, wheat berries, barley and quinoa. They're high in fiber, low in cost and add texture and flavor to a meal.
- Try serving chicken thighs instead of red meat. It's less expensive and healthier.

To find out more about Lenox Hill Neighborhood House, visit [lenoxhill.org](http://lenoxhill.org). You can find their recipes [here](#).

---

## Classroom Nutrition Activity: Meet MyPlate

In this nutrition activity, children learn about the five food groups by coloring MyPlate!  
Click [here](#) to download the activity and handout.



## Classroom Physical Activity: Deck of Cards Aerobics

In this physical activity, children use a deck of cards to get moving! Each child draws a card and the class does an activity the number of times shown on the card.  
Click [here](#) to download the activity and visual aids.

## Parent Handout of the Month: Easy Ways to Season Food Without Salt





**Too much sodium (salt) is bad for your health.** Most people eat more sodium than they should. The recommended limit is 2,300 mg of sodium per day. Eating less sodium helps prevent and control [high blood pressure](#). This handout, available in English, Spanish, Traditional Chinese, Simplified Chinese and Bengali, lists easy ways to flavor food without salt. Click the links below to download:

- Click [here](#) for English
- Click [here](#) for Spanish
- Click [here](#) for Traditional Chinese
- Click [here](#) for Simplified Chinese
- Click [here](#) for Bengali

## Easy Ways to ... Flavor Food Without Salt





### Spices

- Try adding a little pinch at a time.
- Stir-fry for 30 seconds in oil to release aroma.

 <b>Cinnamon:</b> Use in oatmeal to add sweetness.	 <b>Cumin:</b> Add to beans or meat.
 <b>Paprika:</b> Use in a spice rub for chicken, meat or tofu.	 <b>Turmeric:</b> Add to rice, chicken or vegetables for color.

### Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

 <b>Basil:</b> Add to tomato sauce and pasta.	 <b>Cilantro:</b> Mix into rice, beans or salsa.
 <b>Parsley:</b> Sprinkle on as a final touch.	 <b>Thyme:</b> Add to roasted vegetables and to any dish before cooking.

### Fruits and Vegetables

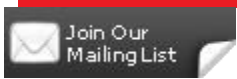
- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until vegetable becomes brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- Remove ribs and seeds when adding spicy peppers for just a little spice.

 <b>Aromatic ingredients:</b> Onion, garlic, carrots, peppers, celery, ginger.	 <b>Savory:</b> Tomatoes, cooked potatoes, celery, mushrooms.
 <b>Citrus and vinegars:</b> Juice and zest balance and brighten.	 <b>Peppers:</b> Jalapenos, dried chilis, poblanos.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://facebook.com/eatinghealthynyc). For more information about Stellar Farmers' Markets, visit [nyc.gov](http://nyc.gov) and search "farmers' markets". Visit [eatwell.nyc.gov](http://eatwell.nyc.gov) for more great recipes!



This material was funded by the United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP). SNAP is a federal program that provides food and nutrition assistance to low-income people with limited resources. SNAP is a federal program that provides food and nutrition assistance to low-income people with limited resources. SNAP is a federal program that provides food and nutrition assistance to low-income people with limited resources. SNAP is a federal program that provides food and nutrition assistance to low-income people with limited resources.



NYC Department of Health and Mental Hygiene, 42-09 28th Street,  
11th Floor, Queens, NY 11101

[SafeUnsubscribe™\\_mdetelj@lenoxhill.org](mailto:SafeUnsubscribe™_mdetelj@lenoxhill.org)

[Update Profile](#) | [About our service provider](#)

Sent by [eatwell@health.nyc.gov](mailto:eatwell@health.nyc.gov) in collaboration with



Try it free today